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Date: **08/10/2026**

Ref: **Identifying Young Carers**

Dear Parents and Carers,

At Bridge House School, we know that every family's circumstances are different. Many of our children show great kindness and responsibility towards the people they love. Sometimes, however, children can take on caring responsibilities that may affect their wellbeing, emotional health, education or opportunities to enjoy childhood.

A Young Carer is a child or young person under 18 who helps care for someone affected by a physical illness, mental health difficulty, disability, long-term health condition or addiction. This could be a parent, sibling, grandparent or another family member.

Young carers may help with practical tasks around the home, provide emotional support, look after younger siblings, help with appointments or prescriptions, or support someone with day-to-day activities.

As a trauma-informed SEMH school, we recognise that children often carry responsibilities that are not always visible to others. Understanding a child's circumstances helps us provide the right support and ensure any barriers to learning, attendance or emotional wellbeing are identified early.

We encourage you to contact us if:

- A member of your household experiences physical health difficulties, disability, long-term illness, addiction or mental health challenges.
- Your child regularly helps to care for or support another person.
- Your child worries about someone at home while they are at school.
- You feel your child may be taking on responsibilities beyond those expected for their age.
- You are unsure whether your child would be considered a young carer and would like some advice.

Please don't worry if you're unsure whether your child meets the definition of a young carer. Many families see these responsibilities as part of everyday family life. If you are uncertain, we'd much rather have a conversation and explore whether any support may be available.

All conversations will be treated sensitively and confidentially. Our aim is not to judge family circumstances, but to work alongside families to ensure children receive the understanding and support they need to thrive.

If you would like to discuss this further, please contact the school by calling 01205 369111 or emailing bridgehouse@aspriscs.co.uk and ask to speak to a member of the safeguarding or pastoral team.

Thank you for working in partnership with us to support our children and young people.

Kind regards,

Natalie Grant

Pastoral Manager